

Dessert

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1
編舞者: Kitija Vāvere (LAT) - March 2016
音樂: Dessert - Dawin



Sequence: AAB A AA BBA

PART A - 32 counts

A1: KICK, STEP, TOUCH, STEP, HEEL TURN, JUMP, KICK, HOLD, HEAD MOVEMENT, SHOULDER HIT

- 1 RF □ Kick forward
- & RF □ Step in place
- 2 LF □ Touch to L
- 3 LF □ Kick forward
- & LF □ Step in place,
- 4 RF □ Step to R,
- & Turn RF toes out and LF □ □ □ heel in
- 5 Turn both feet back in place
- & RF □ Jump to R, kicking LF to L (R □ □ arm hit to right – like catching □ □ something)
- 6 LF □ Step next to RF (bring R arm □ □ back)
- 7 Turn head to L
- 8 Hit shoulder up, snap fingers

A2: STEP, TOUCH, STEP, TOUCH, STEP TOUCH DIAGONALLY BACK x4

- 9 RF □ Step to R
- 10 LF □ Touch behind RF
- 11 LF □ Step to L
- 12 RF □ Touch behind LF
- 13 RF □ □ Step diagonally back
- & LF □ □ Touch next to RF
- 14 LF □ Step diagonally back
- & RF □ Touch next to LF
- 15 RF □ Step diagonally back
- & LF □ Touch next RF
- 16 LF □ Step diagonally back

A3: TOUCH, HEEL TWIST, STEP, TURN ¼ L, STEP, LOW BODY ROLL, ROCK STEP ¼ R, STEP ¼ R

- 17 RF □ Touch forward (R arm bring □ □ □ forward with palm down)
- & RF □ Twist heel out (Turn palm □ □ □ same direction like heel)
- 18 RF □ Twist heel in (Palm movement □ □ follows heel movement)
- 19 RF □ Step on RF, making circle □ □ □ with shoulders, turn ¼ L
- 20 LF □ Step together
- 21 LF □ Step forward, make low □ □ □ body roll
- 22 RF □ Step back, end body roll and □ □ bring body straight up
- 23 LF □ Step forward
- & RF □ Step R ¼ to R (12:00)
- 24 LF □ Step L ¼ (3:00)

A4: STEP, HITCH, STEP HITCH, WALK 1/8, WALK 1/8, OUT OUT, BEND KNEES, BODY MOVEMENT, TOE, HEEL, TOE, JUMP

- 25 RF □ Step forward
- & LF □ Hitch
- 26 LF □ Step back

- & RF□ Hitch
- 27 RF□ Step forward 1/8 to L
- & LF□ Step forward 1/8 to L (12:00)
- 28 RF□ Step R bending knee
- & LF Step L bending knee
- 29 Bring body R
- 30 Bring body L
- 31 Bring both feet toes in
- & Bring both heels in
- 32 Jump both feet together, hands lift up

PART B – 32 counts

B1: STEP DIAGONALLY, KICK ¼, STEP, FLICK, TOUCH 1/8, BODY MOVEMENT, JUMP TOGETHER, TOUCH BACK 3X, HAND MOVEMENT, WEIGHT CHANGE

- 1 RF□□Step diagonally R (1:30)
- & LF□Kick ¼ L (10:30)
- 2 LF□Step forward (10:30), flick RF □back
- & RF □Touch 1/8 R (12:00)
- 3 Slowly bending both knees
- 4 Movement goes down (bending knees more), make circle with shoulders (counter □□clockwise)
- & Jump both feet together, hands hit up making X shape
- 5 LF □Touch back, open hands and□□□bring lower
- & LF□Touch a bit further backward, □□□bring arms shoulder height
- 6 LF□Step back further, hit arms □□□down
- 7 Make R arm wave in front of □□□body
- 8 Make R arm wave in front of □□□body
- & Lean body forward, bring weight on RF, kick LF back, open both arms side

B2: KICK, CROSS, STEP, KICK, WALK ¼ L, STEP BACK x2, FAST STEP BACK x4

- 9 LF□Step back,RF□kick forward
- & RF□Cross over LF
- 10 LF□Step back, kick RF forward
- 11 RF□Step 1/8 L (bringing knees in)
- & LF□Step 1/8 forward (bring knees □□out) (9:00)
- 12 RF□Step R (knees in)
- 13 RF□Step back, hit R arm in front of □□body
- 14 LF□Step back, hit L arm in front of □□body
- 15 RF□Step back, L arm goes to R shoulder and R arm Goes to L shoulder (making X)
- & LF□Step back, L arm to L shoulder, □□R arm to R shoulder
- 16 RF□Step back, both hands lift up
- & LF□Step back, both hands hit □□□down

B3: STEP, HITCH X3, STEP ¼ L, TOUCH, ROCK STEP DIAGONALLY, STEP, HITCH, ROCK STEP DIAGONALLY, TOUCH ¼ L

- 17 RF□ Step to R
- & LF□ Hitch
- 18 LF□ Step to L
- & RF □ Hitch
- 19 RF□ Step to R
- & LF□ Hitch
- 20 LF□ Step ¼ L (6:00)
- & RF□ Touch next to L
- 21 RF□ Step diagonally forward (7:30)

& LF□ Step back
22 RF□ Step diagonally forward
& LF □ Hitch ¼ L (5:30)
23 LF□ Step diagonally forward □□□(5:30)
& RF□ Step back
24 LF□ Step diagonally forward
& RF□ Touch next to LF 1/8 L (3:00)

B4: STEP, HITCH X3, STEP ¼ L, TOUCH, ROCK STEP DIAGONALLY, HITCH ¼, ROCK STEP DIAGONALLY, SLIDE, TOUCH

25 RF□ Step to R
& LF□ Hitch
26 LF□ Step to L
& RF □ Hitch
27 RF□ Step to R
& LF□ Hitch
28 LF□ Step ¼ L (12:00)
& RF□ Touch next to L
29 RF□ Step diagonally forward (1:30)
& LF□ Step back
30 RF□ Step diagonally forward
& LF □ Hitch ¼ L (11:30)
31 LF□ Big step to L
32 RF□ Touch next to LF

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